

SOUND BATH



Thursday, December 1
Instructor: Brooke Smokelin

6:00 - 7:00pm
Yoga Studio

In a relaxed position, the Sound Bath begins with deep breathing and relaxation exercises, and a guided meditation to ease the mind. Then Brooke plays the crystal bowls to generate a visceral vibrational experience - you feel the sound surround you while it fills up the entire room. Every watery cell within you is vibrating with this music and pattern!

Some Benefits of Sound Healing:

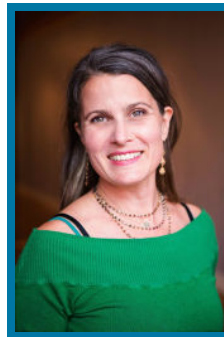
- Induces a deep state of relaxation & "mindlessness"
- Generates a feeling of wholeness & coherence
- Balances left and right brain though patterns
- Improves mental clarity & concentration
- Brings nervous system into balance
- Stimulates connective tissue to release tension and trauma

Source: <https://biosonics.com/2017/07/13/nitric-oxide-tuning-forks/>

"Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder."

Dr. Mitchell Gaynor, Director of Medical Oncology and Integrative Medicine, Cornell Cancer Prevention Center, New York

Member: \$15 per session
Non-Member: \$20 per session
Register at the Front Desk or Online!



Brooke Smokelin, founder and director of Chakra Activation Yoga and the creator of the Chakra Activation Deck. She has 25 years of yoga experience in the Sivananda, Kundalini, Kriya and Ashtanga traditions and is an E-RYT and YACEP offering advanced trainings to yoga teachers and students all of the world. For 15 years she has had a private sound therapy practice in Pittsburgh, PA in which she uses specific frequencies and techniques to address specific physical and emotional conditions.



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For more information about this class, please contact - Marissa

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